

**AMENDMENTS TO THE CLAIMS**

**1. (Cancelled)**

**2. (Currently Amended)** A midsole including a cushioning structure according to claim 14, wherein a the lead angle between the groove and a horizontal plane is set within a range of 35 degrees to 60 degrees.

**3. (Cancelled)**

**4. (Currently Amended)** A midsole including a cushioning structure according to claim 14, wherein the outer peripheral surface of the cushioning portion is formed to be taper-shaped.

**5. through 9. Cancelled.**

**10. (Original)** A midsole having a cushioning structure, which is provided between an outer sole and an upper and is suitable for absorbing a shock of landing, comprising:

a midsole body defining a cavity; and

a cushioning part fitted in the cavity, wherein:

the cushioning part is formed of elastomer;

Young modulus of a member constituting the cushioning part is set to be a value smaller than Young modulus of a member constituting the midsole body;

the cushioning part is formed into a plate shape having an upper surface and a lower surface;

a plurality of helical grooves and/or convex portions is formed on at least one of the upper surface and the lower surface of the cushioning part; and

a thickness of the cushioning part is gradually changed along the grooves and/or the convex portions.

**11. - 13. (Cancelled)**

**14. (New)** A midsole including a cushioning structure, which is provided between an outer sole and an upper and is suitable for absorbing a shock of landing, wherein:

the cushioning structure comprises a column-shaped or thick plate-shaped cushioning portion;

a plurality of grooves are formed on an outer peripheral surface of the cushioning portion;

the respective grooves are helically formed around a substantially vertical axial line;

the respective grooves are arranged substantially parallel with each other;

a range in which each of the grooves is formed is larger than a range of 15 degrees around the axial line and smaller than a range of 180 degrees around the axial line;

the respective grooves are provided to be continuous from an upper end of the cushioning portion to a lower end of the cushioning portion; and

a lead angle between the groove and a horizontal plane is set to be substantially constant from the upper end to the lower end.